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Capsulorrhaphy

Week 1-3

Precautions:

- Wear immobilizer continually
- Patients 30 years and younger will wear the immobilizer 4 weeks
- Patients over 30 years will wear the immobilizer 2 weeks
- Time in the immobilizer may change based on surgical findings
- No overhead activities for 6 weeks

Rehabilitation:

Under 30 years old

- PROM/AROM: Arm held in immobilizer, no motion permitted for post-op weeks 0-4
- AROM: Scapular PNFs, cervical, elbow and hand activities

Over 30 year old

- PROM/AAROM: Flexion 90 degrees
- Avoid: All other planes of movement
- AROM: Scapular PNFs, cervical, elbow and hand activities

Week 2/3-5

Discontinue use of immobilizer as appropriate for age group

Joint mobilization:

All planes up to grade IV

ROM Limitations:

- Unlimited in all planes
- No external rotation and /or horizontal abduction posterior to the plane of the body

Exercises:

PRE in cardinal and diagonal planes, scapular stabilization, CKC, and core strength exercises within motion restrictions.

Week 6-8

- Progress to full ROM
- Initiate aggressive joint mobilization if full ROM has not yet been achieved.
- Continue with above exercises

Week 13-15

Begin plyometrics

Week 24

- Return to full activity
- Begin throwing from the mound

Week 16

Begin interval throwing program